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Nutrition Education Materials for Use in the WIC Program

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United States Department of Agriculture
Food and Nutrition Service
FNS-166

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United States Department of Agriculture
Food and Nutrition Service
FNS-166
February 1978

Introduction

This list of resource materials has been compiled by the Food and Nutrition Service of the U.S. Department of Agriculture to assist State and local agencies in providing nutrition education to WIC Program participants and personnel. It updates the listings published in March and October 1976, and gives additional materials.

The contents of the materials on this list were reviewed for accuracy and for appropriateness to WIC participants. The materials included represent a broad spectrum of formats, content, and sophistication.They should be used selectively as sources of ideas to supplement existing materials.

A grade level of reading difficulty is given for most publications. This is based on the "Dale-Chall Formula for Predicting Readability," (Bureau of Educational Research, Ohio State University) and "A Table for Rapid Determination of Dale-Chall Readability Scores" (George R. Klare, Educational Research Bulletin, I, No. 2, February 13, 1952, pp. 43-47). No grade level for an item indicates an illustrated publication with not enough words to determine reading difficulty.

Requests for copies of materials on this listing should be sent directly to the agency or company cited. Multiple copies of print materials from trade associations and professional organizations are free or inexpensive. Only single copies of materials from State or local agencies are available. However, these agencies will allow reproduction of their free materials with the stipulation that proper credit be given on the publication.

Inclusion of a Material on This List Does Not Mean Endorsement of Any Company or Brand by USDA.

We thank those organizations, agencies, and companies that have shared their materials to make this list possible. The list will be updated annually as additional materials become available.

Comments on this list and materials for review are welcome and should be sent to:

Director
Special Supplemental Food Program for Women, Infants and Children
Food and Nutrition Service
U.S. Department of Agriculture
Washington, D.C. 20250

or the

Director
Nutrition & Technical Services Staff
Food and Nutrition Service
U.S. Department of Agriculture
Washington, D.C. 20250

The Special Supplemental Food Program for Women, Infants, and Children is open to all eligible persons regardless of race, sex, color, creed, or national origin.

1 Breastfeeding—Nature's Way to Feed Your Baby

9-10th grade level
$.05 per copy
3½" x 8½" pamphlet, 3 panels
1975

Highlights why mothers should breastfeed, and the benefits obtained by baby and mother.

Montgomery County Health Department
611 Rockville Pike
Rockville, MD 10850

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2 Breastfeeding Your Baby With Mothers Around the World

6th grade level
$.25 per copy
5½" x 8" booklet, 23 pp.

Contains simply stated information on breastfeeding, breast care, and infant feeding practices, as well as drawings of mother and child from different countries. Excellent handout to stimulate expectant mothers' interest in breastfeeding.

La Leche League International, Inc.
9616 Minneapolis Avenue
Franklin Park, IL 60131

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3 Eating Right . . . Morning, Noon, and Night . . . For Me and Baby-to-be

Single copy free
5½" x 8½" leaflet, 2 pp.
1973

Lists recommended foods and daily servings to eat during pregnancy. Also includes a guide for keeping a weekly record of food intake.

National Foundation-March of Dimes
Professional Education Department
P.O. Box 2000
White Plains, NY 10602

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4 Food and You . . . Partners in Growth During Pregnancy

7-8th grade level
$.10 per copy from National Dairy Council
Free from your local dairy council
3½" x 6½" booklet, 9 pp.
1974

Stresses the importance of good nutrition on the health of women and their babies. Names foods needed in the daily diet to provide essential nutrients. Contains practical self-check sheet for evaluating adquacy of diet.

National Dairy Council
Nutrient Education Division
6300 North River Road
Rosemont, IL 60018

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5 Food for the Teenager During Pregnancy
DHEW #76-5611(HSA)

9-10th grade level
Single copy free from DHEW
Quantity purchases from GPO $.80
3¾" x 8¾" pamphlet, 24 pp.
1976

Discusses nutrient needs and food selection during pregnancy, and gives sample meals. The colorful illustrations are intended for eye appeal and do not depict portion size or specific food groups. Designed for adolescents from all income groups.

U.S. Department of Health, Education and Welfare
Public Health Services
Health Services Administration
Bureau of Communiy Health Services
Office of Maternal and Child Health
Rockville, MD 20852

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6 Food for You And Yours

Single copy free
3½" x 8½" pamphlet, 3 panels

Outlines which foods to eat every day, the number of servings needed from each food group, and a daily meal pattern. Also provides suggestions on how to adjust the daily diet if you are over or underweight.

District of Columbia Department of Human Resources
Community Health and Hospitals Administration
1875 Connecticut Avenue, N.W.
Room 833-C
Washington, D.C. 20009

7 Food, Pregnancy and Family Health

9-10th grade level
$7.00 per 100 copies
4" x 6" pamphlet, 10 pp.
1976

Discusses the food groups, meal planning, how to change food habits, protein content of foods, and breastfeeding.

American College of Obstetricians And Gynecologists
One East Wacker Drive
Suite 1700
Chicago, IL 60601

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8 Food While You're Pregnant

7-8th grade level
Single copy free
8" x 10½" booklet, 15 pp.
1973

Discusses pregnancy by trimesters with illustrations, and relates the importance of food while you are pregnant to health, growth, and development of the child and mother. Includes food remedies to relieve discomforts of pregnancy.

Michigan Department of Public Health
WIC Program Administrator
Nutrition Section
3500 North Logan Street
Lansing, MI 48914

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9 Food for the Mother-to-be

7th grade level
$.20 per copy
4" x 5½" booklet, 20 pp.
1975

Gives benefits that can be expected before and during pregnancy for both the mother and child if she eats well. Other areas of discussion include low salt diet, weight gain, and teenage pregnancy.

Montgomery County Health Department
611 Rockville Pike
Rockville, MD 10850

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10 Foods Needed During Your Pregnancy

8th grade level
Single copy free
5½" x 8½" pamphlet, 2 pp.
1972

Lists the types and amounts of foods needed daily during pregnancy. Also lists iron-rich foods and sample meals as a guide.

Virginia State Health Department
Nutrition Section
109 Governor Street, Rm. 624
Richmond, VA 23231

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11 From Pregnancy to Baby With Good Nutrition

7-8th grade level
Single copy free
5½" x 8½" flipchart, 8 pp.

Helps the expectant mother meet her food needs and provide for the growth of her baby. Explains simply, the role of food in prenatal development, food needs, menus, a weight watching, and defines words used.

Nevada Department of Human Resources
Division of Health
Capital Complex
505 E. King Street
Carson City, NV 89701

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12 Gambling on the Odds? Don't Take Chances on Your Baby's Health

7th grade level
Single copy free
4" x 9" pamphlet, 3 panels
1976

Explains how a mother's nutritional state before, during, and after pregnancy can influence her baby's growth and well-being for a lifetime. Folds out into a colorful 12" x 18" poster showing food needs before pregnancy, during the last 6 months of pregnancy, and during lactation.

Cooperative Extension Service
Kansas State University
Manhattan, KS 66506

13 I Am Pregnant . . . What Should I Eat . . . And Why?

8th grade level
Single copy free
5½" x 8½" booklet, 13 pp.
1973

Explains the benefits of good nutrition during pregnancy. Provides a daily food guide and recommended number of servings for each food group for the periods before, during, and after pregnancy, and while nursing. Also discusses hidden calories, breastfeeding, and weight gain. In addition includes a chart for recording weight gain. Colorful, easy to read, and illustrated.

Ohio Department of Health
Nutrition Division
450 East Town Street
P.O. Box 118
Columbus, OH 43216

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14 Instructions for Nursing Your Baby

9-10th grade level
$5.00 per 200 copies
5½" x 9" pamphlet, 6 pp.
1969

Emphasizes the benefits of breastfeeding. Gives details on nursing baby both in the hospital and at home.

International Childbirth Education Association
Publications/Distribution Center
P.O. Box 9316
Midtown Plaza
Rochester, NY 14604

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15 Meal Planning During Pregnancy

9-10th grade level
Free
4" x 9" booklet, 17 pp.
1972

Explains the importance of a good diet during pregnancy. Discusses the daily food guide, weight control, and suggestions for alleviating nausea and constipation.

General Mills, Inc.
Consumer Center and Nutrition Department
9200 Wayzata Boulevard
Minneapolis, MN 55440

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16 Meals For Mothers-to-be

4th grade level
Single copy free
6" x 9" booklet, 15 pp.

Explains clearly the importance of food during pregnancy, daily food needs, and the four food groups. Also includes two sample meal patterns.

Oregon State Health Division
Maternal and Child Health Section
1400 S.W. Fifth Avenue
Portland, Oregon 97201

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17 Mothers Want to Help

4th grade and below
Free
9" x 9" booklet, 10 pp.
1970

Describes preventive measures an expectant mother can take to care for the teeth of her baby. Includes sections on diet, care of her own teeth, and what to do to insure proper development of her infant's growing teeth after he is born.

American Dental Association
Order Section
211 East Chicago Avenue
Chicago, IL 60611

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18 Nutrition and Birth Defects Prevention

7-8th grade level
Free
4" x 8¾" leaflet, 8 pp.

Illustrates in chart form the necessary components of the prenatal diet.

National Foundation-March of Dimes
Professional Education Department
P.O. Box 2000
White Plains, NY 10602

19 Nutrition and Pregnancy

8th grade level
Single copy free
3½" x 8½" pamphlet, 6 panels

Explains the importance of good nutrition and weight gain during pregnancy. Examples of foods and serving sizes from each group are given. Also explains the effects of each food group, snacks, water, dieting, and alcohol on good health.

National Foundation-March of Dimes
Professional Education Department
P.O. Box 2000
White Plains, NY 10602

20 Nutrition for Parents and Healthy Babies

8th grade level
Single copy free
4" x 9" pamphlet, 3 panels
1974

Provides the size and number of daily servings, including the health value of the particular food group being discussed. Tells what to do when you think you are pregnant.

Wisconsin Department of Health and Social Services
Nutrition Section, Division of Health
Box 309
Madison, WI 53701

21 You . . . Your Baby and The Food You Eat

7th grade level
Price available upon request
5½" x 8½" booklet, 39 pp.
1969

Explains simply, but thoroughly, the importance of nutrition in pregnancy, nutrients supplied by food and how the body uses them, food sources, and basic food preparation to conserve nutrients. Bold print, large drawings, and limited number of words per page enhance the usefulness of this piece for nutrition counseling.

Richmond City Health Department
Division of Health Education
500 North 10th Street
Richmond, VA 23219

22 When You Breast Feed Your Baby
Publication No. 124

7-8th grade level
$.25 per copy
4½" x 8½" leaflet, 6 pp.
1975

Discusses breastfeeding both at the hospital and at home. Includes a section on breast care.

La Leche League International, Inc.
9616 Minneapolis Avenue
Franklin Park, IL 60131

23 When You Have Morning Sickness or Nausea

5-6th grade level
Single copy free
5½" x 8½" leaflet, 4 pp.

Provides suggestions for relieving morning sickness and nausea during pregnancy, including a diet for controlling nausea.

Colorado Tri-County District Health Department
Englewood, CO 80110

24 Baby's First Spoonful

Single copy free
5½" x 8½" leaflet, 4 pp.
1972

Outlines procedures and schedules for introducing solid foods into baby's diet. Contains colorful illustrations on techniques for feeding solid foods.

Virginia State Health Department
Nutrition Section
109 Governor Street, Rm. 624
Richmond, VA 23231

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25 Baby's Food Calendar

6th grade level
Single copy free
8½" x 10¾" flipchart, 7 pp.
1973

Provides information on foods needed by the infant from birth to 6 months. Also gives tips on feeding liquids and solids.

Maryland Department of Health And Mental Hygiene
Division of Nutrition, Rm. 327
201 West Preston Street
Baltimore, MD 21201

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26 Eat Well—Live Well

5th grade level
Single copy free
Handling charge $.25
8½" x 11" leaflet, 2 pp.
1976

Provides simple answers to questions new mothers often ask about infant feeding. Black and white, illustrated.

Cooperative Extension Service
University of Alaska
Box 95151
Fairbanks, AK 99701

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27 Feeding Baby
$.10 per copy
6" x 8" booklets, 4 pp. each

Illustrates how to feed an infant in an easy to read, appealing format. The four booklet series includes the following:

Breastfeeding—Bottle Feeding
Preparing Baby Formula
Feeding Baby Solid Foods
Making Baby Food at Home

Cooperative Extension Service
University of Minnesota
Bulletin Room
3 Coffey Hall
St. Paul, MN 55108

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28 Feeding Babies and Little Kids

5th grade level
Single copies free (available to Washington clinics only)
8½" x 11" flyers, 1 p. each
1976

Gives detailed information on infant feeding. Series of well written, easy to read facts sheets includes:

First Month #EM 4011
Choosing A Formula . . #EM 4012
Fixing Formula #EM 4013
Tips on Bottle Feeding #EM 4014
Tips on Breast Feeding #EM 4016
Adding Solid Foods #EM 4017
Make Your Own Baby Food #EM 4018
The Older Baby #EM 4019

Cooperative Extension Service
Washington State University
Bulletin Department
Publications Building
Pullman, WA 99163

29 Feeding Your Baby Series (English/Spanish)

5-6th grade level
Single copies free
5½" x 8½" flyers, 1 p. each
1973

Gives sample feeding plan and helpful notes on selection and preparation of infant foods. Series of one-page flyers includes:

Feeding Your Baby From 1-3 Months
Feeding Your Baby From 4-8 Months
Feeding Your Baby From 9-10 Months

Florida Department of Health and
Rehabilitative Service
P.O. Box 210
Jacksonville, FL 32201

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30 Feeding Your Baby Series

5th grade level
Single copies free
5½" x 8½" leaflet, 1 p. each

Includes tips on food selection, preparation, and storage, as well as feeding tips. Colorful, illustrated, easy to read information on infant foods. One page leaflet series includes:

Feeding Your Baby Cereal
Feeding Your Baby Eggs
Feeding Your Baby Formula
Feeding Your Baby Fruits and Vegetables
Feeding Your Baby Juice
Feeding Your Baby Meat
Food for Your Baby
Making Your Own Baby Food
Starting New Foods for Baby

Allegheny County Health Department
Attn: Mrs. Miller
3333 Forbes Avenue
Pittsburgh, PA 15213

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31 Feeding Your Baby With Love

6th grade level
Single copy free
5½" x 8½" booklet, 27 pp.
1974

Discusses nutritional needs, food selection and preparation, and feeding practices from birth to 3 years of age. Includes a master plan for family feeding. An easy to read, illustrated booklet.

St. Paul Division of Public Heatlh
St. Paul Ramsey Hospital
640 Jackson Street
St. Paul, MN 55101

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32 Food for Baby Series

6th grade level
Single copies free (available to Texas clinics only)
8½" x 11" flyers, 1 p. each

Gives homemakers basic nutrition information on illustrated, color pages with large print. This mailout series uses a follow-up nutrition education activity. The series includes the following pamphlets:

Babies Are Mimics L-985
Baby Needs Love and Food L-986
Call on Your Doctor L-989
Food Baby Needs During First Year L-987
Saving Money When Buying Food For Baby L-988
Should the Baby Eat Prepared Baby Food or Table Foods? L-1447
What Time Is Best To Feed The Infants? L-1445
What to Feed the Infant L-1444
When to Feed Solid Foods to Infants? L-1446

Cooperative Extension Service
Texas A & M University
Room 2, System Building
College Station, TX 77843

33 Food From Birth to Birthday

7th grade level
$.27 per copy from the National Dairy Council
Free from your local dairy council
3½" x 6½" booklet, 19 pp.
1976

Discusses infant feeding including: breastfeeding, bottle feeding, types of formula, bottle preparation and storage, feeding technique, nutrients, solid foods, weaning, etc. May be too wordy for some participants.

Nutrition Dairy Council
Nutrition Education Division
6300 North River Road
Rosemont, IL 60018

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34 Foods for Baby

5-6th grade level
Single copy free
8½" x 11" leaflet, 6 pp.

Outlines the types and amounts of food that should be included in the infant diet from month to 1 year of age. Includes instructions on how to prepare and introduce cereals, fruits, vegetables, eggs, dry beans, and meats into the diet.

Arizona State Department of Health
Maternal and Child Health
1624 West Adams
Phoenix, AZ 85007

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35 Foods for Your Baby

7th grade level
Single copy free
3½" x 8½" 4-panel pamphlet
1976

Describes the basic four food groups along with food preparation methods. Information is presented in chart format.

Montgomery County Health Department
611 Rockville Pike
Rockville, MD 10850

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36 Foods for Your Baby

5-6th grade level
Single copy free
5½" x 8½" booklet, 8 pp.
1972

Emphasizes the importance of feeding baby. Outlines when to start solid foods, what types of foods to use, and how to prepare and how to feed the baby cereal, fruit juice, fruits, vegetables, cheese, meats, fish, and egg yolk.

Prince George's County Health Department
Cheverly, MD 20785

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37 A Guide for Feeding Your Baby Series

4th grade level
Single copy free
8½" x 5½" leaflets 2 pp. each
1973

Discusses infant food needs for good health. Simple, easy-to-read format with special notes on feeding practices. Series includes:

From Birth to 6 Months
From 6 Months to 1 year

Alabama Department of Public Health
Bureau of Maternal and Child Health
State Office Building
Montgomery, AL 36104

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38 Infant Feeding Guide

7th grade level
Single copy free
6" x 11½" flip chart, 11 pp.

Gives the proper amount of foods to help the baby grow and be healthy. Provides tips on breastfeeding, bottle feeding, and solid foods. Menu planning guide for the 1-2 year old is also included.

Southern Illinois University
School of Medicine
Nutrition Services
P.O. Box 3926
Springfield, IL 62708

39 Infant Feeding Guide for Parents, Grandparents, and Babysitters

7-8th grade level
Single copy free
8½" x 11" flipchart, 33 pp.
1974

Serves as a guide for parents, grandparents, and babysitters on infant feeding. Provides tips on breastfeeding, bottle feeding, formula preparation and feeding foods at various age levels from 1 month to 1 year. Lists the daily food needs of the nursing mother and gives recipes, including home-prepared infant foods.

Washington State Department of Social and Health Services
P.O. Box 1788 M.S. 1-4
Olympia, WA 98504

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40 Infant Feeding Guide Series

5-6th grade level
Single copies free
5" x 8" leaflet, 2 pp.

Gives easy-to-read, illustrated information on brightly colored, heavy weight paper. Information tells what, why, and how to feed an infant. Series includes:

Feeding Your Baby
Infant Feeding Guide: 1 Month
Infant Feeding Guide: 2-3 Months
Infant Feeding Guide: 4-6 Months
Infant Feeding Guide: 6-9 Months
Infant Feeding Guide: 9-12 Months

Mobile County Board of Health
WIC Project
248 Cox Street
Mobile, AL 36604

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41 Kentucky Infant Feeding guide

5-6th grade level
Single copy free
6" x 11" flipchart, 10 pp.
1974

Provides tips on bottle feeding, breastfeeding, and feeding foods at various age levels from 1 month to 2 years. Topics include types and amounts of food needed, when to feed, how to feed, and other pointers.

Kentucky Department of Human Resources
Maternal and Child Health Division
Nutrition Section
275 East Main Street
Frankfort, KY 40601

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42 Perk Up Your Baby With Iron-Rich Foods

7th grade level
Single copy free
5½" x 8½" pamphlet, 2 pp.
1973

Discusses the infant's need for iron. Gives specific food sources high in iron for babies under 1 year of age and those over 1 year.

Virginia State Health Department
Nutrition Section
109 Governor Street, Rm. 624
Richmond, VA 23231

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43 Your Baby's Food

5th grade level
Single copy free
8½" x 11" booklet, 12 pp.

Contains simplified information on why, what, and how to feed a young baby; presented in a colorful, illustrated format. Topics include introducing solid foods, special baby foods, liquids, cereals, vegetables, fruits, meat, egg yolks, feeding techniques, bottle feeding, and breastfeeding.

Georgia Department of Human Resources
Child Health Unit
47 Trinity Avenue, S.W.
Atlanta, GA 30334

44 Eating Made Easy, 2-5 Years

5-6th grade level
Single copy free
5" x 8" leaflet, 3 pp.

Lists the daily food needs of the preschool child and suggests some do's and don'ts for developing good eating behavior.

Kentucky Department of Human Resources
Maternal and Child Health Division
Nutrition Section
275 East Main Street
Frankfort, KY 40601

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45 Eating Problems of Preschool Children and What to Do About Them

7-8th grade level
Single copy free
8½" x 11" flyer
1969

Describes the food habits of preschool children (poor appetites, food dislikes, refusing to eat, and playing with foods). Includes a section on introducing new foods to preschool children.

Arizona State Department of Health
Maternal and Child Health
1624 West Adams
Phoenix, AZ 85007

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46 Feeding Tips For Moms With Tots

9th grade level
Single copy free
5½" x 8½" leaflet, 2 pp.
1975

Gives facts and suggestions to help make mealtime more enjoyable for tots and mom. Includes sample meal patterns for young children.

Virginia State Health Department
Nutrition Section
109 Governor Street, Rm. 624
Richmond, VA 23231

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47 Feeding Young Children

5th grade level
Single copy free (available to Tennessee clinics only)
5½" x 6½" booklet, 6 pp.

Tells how to feed children 1-5 years of age. Stresses the fact that the need for food by children is the same as for adults, but in smaller amounts. Gives ideas for making eating an easy task for the child. Includes the basic four food groups.

Cooperative Extension Service
University of Tennessee
P.O. Box 1071
Knoxville, TN 37901

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48 Food Before Six

7-8th grade level
$.10 per copy from the National Dairy Council. Free from your local dairy council.
4" x 9" booklet, 7 pp.
1973

Contains a guide for feeding young children, including amounts and kinds of foods to serve, and suggestions for snack foods. Gives tips on introducing new foods, and discussion of young children's eating habits.

National Dairy Council
Nutrition Education Division
6300 North River Road
Rosemont, IL 60018

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49 Food for Growing Up . . . For Children Two to Six

5-6th grade level
Single copy free
4" x 8½" pamphlet, 3 panels

Gives sample menu and ideas for between-meal snacks. Briefly discusses daily food guide and gives meal-time pointers for parents.

Ohio Department of Health
Nutrition Division
450 East Town Street
P.O. Box 118
Columbus, OH 43216

50 Food For Small Children

7-8th grade level
Single copy free
8½" x 11" flyer, 1 p.
1974

Stresses feeding young children according to the four food groups. Emphasis is placed on the quality of food rather than quantity. Includes a chart giving the size and amounts of servings needed by small children, and discusses points you should keep in mind when preparing and serving food for children.

Cooperative Extension Service
University of Idaho
Morrill Hall
Moscow, Idaho 83843

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51 Foods for Growing

7-8th grade level
Price for quantity orders available upon request.
4" x 8½" pamphlet, 4 panels
1973

Stresses the importance of good nutrition for growth and health in preschool age children. Gives a basic plan to meet the nutritive needs of the child and an example of a day's menu which includes the basic four food groups.

Cooperative Extension Service
Rutgers University
The State University of New Jersey
New Brunswick, NJ 08903

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52 Foods to Build Red Blood . . . For Your 1 to 5 Year Old Child

Single copy free
5½" x 8½" flyer, 1 p.
1968

Gives a list of foods rich in iron and tells why a child 1-5 years old needs iron. Briefly explains the role of protein and vitamin C in the body's utilization of iron. Also gives menu suggestions.

Ohio Department of Health
Nutrition Division
450 East Town Street
P.O. Box 118
Columbus, OH 43216

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53 Helpful "Tricks" In Feeding Ages Two-Six

5-6th grade level
Single copy free
Quantity purchases $.05 per copy
3½" x 8½" pamphlet, 3 panels

Gives information on characteristic eating patterns of preschool children with recommendations, including hints for feeding this age group and a daily food guide.

Cooperative Extension Service
Clemson University
Trustee House
Clemson, SC 29631

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54 Meal Planning For Young Children

9-10th grade level
Free
7" x 8" booklet, 21 pp.
1974

Describes essentials for child feeding, such as proper selection and serving of foods, plus meal planning based on the basic four food groups.

General Mills, Inc.
Consumer Center and Nutrition Department
9200 Wayzata Boulevard
Minneapolis, MN 55440

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55 Mealtime for Small Fry

7th grade level
Single copy free
5½" x 8½" booklet, 8 pp.
1973

Discusses ways in which the mother of a toddler can be a good table teacher, understand the toddler's table talk, and encourage positive acceptance of foods during meals. Also gives serving tips and sample menus for both the family and the preschooler.

Ohio Department of Health
Nutrition Division
450 East Town Street
P.O. Box 118
Columbus, OH 43216

56 Meal Time! Happy Time!

9-10th grade level
Free
4" x 7½" leaflet, 7 pp.

Discusses ways of encouraging good eating habits, nutrient needs at various ages, snacks, breakfast, and how to handle food problems. Also includes a guide to the nutrients and their functions, plus a daily food guide.

American Dietetic Association
620 North Michigan Avenue
Chicago, IL 60611

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57 Meals With Tot Appeal

7-8th grade level
Price for quantity orders available upon request
4" x 8½" pamphlet, 3 panels

Emphasizes the importance of serving appealing meals that are colorful to tots and that have a variety of texture and form. Ways to introduce new foods and nutritious snack ideas are given.

Cooperative Extension Service
Rutgers University
The State University of New Jersey
New Brunswick, NJ 08903

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58 Parents Want to Help

4th grade level and below
Free
9" x 9" booklet, 10 pp.
1970

Describes what parents can do to help keep their children from having trouble with teeth and gums. Topics include tooth development, the importance of the care of baby teeth, and how to care for children's teeth (brushing, dental visits, diet).

American Dental Association
Order Section
211 East Chicago Avenue
Chicago, IL 60611

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59 Planning Your Child's Meals

Single copy free
8½" x 5½" leaflet, 1 p.
1975

Provides an easy-to-follow guide for the daily food needs of children 2-6 years old. Suggests how to teach the young child good food habits.

Alabama Department of Public Health
Bureau of Maternal and Child Health
State Office Building
Montgomery, AL 36104

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60 The Problem Eater

7-8th grade level
Price for quantity orders avaliable upon request.
4" x 8½" pamphlet, 3 panels
1973

Discusses what to do when a child develops problem eating habits. Using sample situations, the pamphlet gives suggestions on how a mother can handle these problems.

Cooperative Extension Service
Rutgers University
The State University of New Jersey
New Brunswick, NJ 08903

61 Small Children Need Series (English/Spanish)

5th grade level
Single copies free
8½" x 11" flyers, 1 p. each

Emphasizes the selection of proper foods and amounts to be served to small children. Colorful and humorously illustrated series that is appealing to children and adults. Series includes:

Bread and Cereal MH-86
Fruits and Vegetables MH-84
Good Food . . . The Right Food MH-86
Meat MH-83
Milk MH-82

Cooperative Extension Services
University of California
325 Morgan Hall
Berkeley, CA 94720

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62 Tots at the Table

7-8th grade level
Free
5½" x 8½" booklet, 23 pp.
1974

Provides a reference guide for parents in the feeding of preschool (ages 1-5) children. Topics include pointers on food and health, key foods needed by children, meal planning, feeding children at the family table, party planning, traveling with children, and how to deal with food problems.

Nutritional Live Stock and Meat Board
Nutrition Research Department
36 South Wabash Avenue, Rm. 700
Chicago, IL 60603

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63 What Should the Kids Really Eat?

7-8th grade level
Free
3½" x 8½" pamphlet, 3 panels
1974

Lists the types and amounts of foods needed between the ages of 1 and 6. Gives hints on how to increase children's acceptance of food. Also explains when to introduce new foods and how to plan snacks.

General Mills, Inc.
Consumer Center and Nutrition Department
9200 Wayzata Boulevard
Minneapolis, MN 55400

64 Build Better Blood With Iron Rich Foods

Single copy free
5½" x 8½" flyer, 2 pp.
1969

Stresses the importance of including high iron and vitamin C foods in your child's diet. Lists good food sources of iron and vitamin C.

Arizona State Department of Health
Maternal and Child Health
1624 West Adams
Phoenix, AZ 85007

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65 Comprando Alimentos

6th grade level
Single copy free
4" x 9" leaflet, 2 pp.

Gives tips on meal planning, shopping, and food selection for low cost nutritious meals.

New York City Department of Health
Bureau of Nutrition
93 Worth Street
New York, NY 10013

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66 Conserving the Nutritive Values in Foods
Home and Garden Bulletin No. 90

12th grade level
Single copy free from USDA
Quantity purchases from GPO— $1.24 per copy.
6" x 9" pamphlet, 16 pp.
Revised 1971

Enumerates ways to save nutrients when cooking and storing foods. Suggestions are given on how to buy the most nutritious foods.

U.S. Department of Agriculture
Office of Governmental and Public Affairs
Washington; D.C. 20250

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67 Cooking for Two

9th grade level
Single copy free from USDA
Quantity purchases from GPO—$1.24 per copy
8" x 10" booklet, 90 pp.
1973

Provides recipes for two servings of main dishes, plus other menu ideas. Discusses the basic four concept and how to use it, meal planning, shopping, storage of foods, and serving meals.

U.S. Department of Agriculture
Food and Nutrition Service
Information Division
Washington, D.C. 20250

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68 De Fuerza A Su Sangre

8th grade level
Single copy free
5½" x 8½" pamphlet, 2 pp.

Provides information on nutrients and foods that are needed to build blood. Lists foods containing iron and vitamin C. Also briefly describes the functions of iron and vitamin C.

Arizona State Department of Health
Maternal and Child Health
1624 West Adams
Phoenix, AZ 85007

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69 Eat Foods Rich In Iron (English/Spanish)

Single copy free
5½" x 8½" leaflet, 2 pp.
1974

Illustrates foods containing iron and vitamin C. Also includes a daily meal plan.

New York City Department of Health
Bureau of Nutrition
93 Worth Street
New York, NY 10013

70 Fact Sheet on Iron Deficiency Anemia
(English/Spanish)

6-7th grade level
Single copy free
5½" x 8½" leaflet, 2 pp.

Provides simple answers to: What is iron deficiency anemia? What causes iron deficiency anemia? Who can get iron deficiency anemia? How does one know if he has iron deficiency anemia? How does one get iron to correct iron deficiency anemia? What foods are high in iron? A list of iron-rich foods is given, with serving sizes, amount of iron per serving, and RDA for iron for all age groups.

Nevada Department of Human Resources
Division of Health
Capital Complex
505 E. King Street
Carson City, NV 89701

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71 Family Fare—Guide to Good Nutrition
Home and Garden Bulletin No. 1

9th grade level
Single copy free from USDA
Quantity purchases from GPO—$1.00 per copy
6" x 9" booklet, 91 pp.
Revised 1974

Includes 56 pages of recipes, a daily food guide, tips on meal planning, facts about important nutrients, menu suggestions, and a list of cooking terms. Gives helpful information on buying, storing, measuring, and using foods.

U.S. Department of Agriculture
Office of Governmental and Public Affairs
Washington, D.C. 20250

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72 Family Food Series

4th grade level
$.10 per copy
5½" x 8" booklets, 4 pp. each

Discusses the following topics in an interesting, yet simple fashion: nutritional value of foods, daily food servings, how to buy quality food, how to store, and how to cook. Control and layout are very effectively used. Series includes:

Breads and Cereals HS-11
Daily Food Guide HS-9
Dry Milk in Every Meal HS-4
Eggs HS-21
Fruit and Vegetables HS-10
Meat and Meat Foods HS-12
Milk HS-14
More For Your Food Dollars HS-26
More For Your Fruit and Vegetable Dollar HS-28

Cooperative Extension Service
University of Minnesota
Bulletin Room
3 Coffey Hall
St. Paul, MN 55108

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73 Food for Health

9-10th grade level
Single copy free
3½" x 8¼" pamphlet, 4 panels
1974

Gives a daily food guide, including the number of servings and nutrient contributions for each of the four food groups.

Wisconsin Department of Health And Social Services
Nutrition Section, Division of Health
Box 309 . .
Madison, WI 53701

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74 Food For the Family—A Cost Saving Plan
Home and Garden Bulletin No. 209

7th grade level
Single copy free from USDA
Quantity purchases from GPO—$.45 per copy
7½" x 10½" booklet, 22 pp.
1976

Includes guides for planning well-balanced meals at low cost, information on food shopping and preparation, sample menus, and tested recipes. This publication is designed especially for families who want to follow the USDA low-cost food plan.

U.S. Department of Agriculture
Office of Governmental and Public Affairs
Washington, D.C. 20250

75 Food Is More Than Just Something to Eat

9-10th grade level
$.80 per copy
8½" x 11" booklet, 30 pp.
1973

Discusses the function of six major nutrients and their importance to good health. Provides information on how nutrients and energy work together, food for all ages, nutritional labeling, the value of processed foods, and the many ways of eating. Includes a daily food guide.

Superintendent of Documents
U.S. Government Printing Office
Washington, D.C. 20402

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76 59 Ways to Save Money on Your Food Bills

9-10th grade level
Single copy free
8½" x 11" flyer, 2 pp.
1975

List ways to reduce food bills including shopping tips, food selection, and preparation, and mealtime management.

Montgomery County Health Department
611 Rockville Pike
Rockville, MD 10850

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77 Guard Against Food Contamination . . . In the Kitchen
DHEW #74-2047 (FDA)
Single copy free
3½" x 8" card

Gives some general rules on how to protect the family against food-borne illness.

U.S. Department of Health, Education, and Welfare
Food and Drug Administration
Office of Public Affairs
Rockville, MD 20852

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78 How to Buy WIC Foods

Single copy free
5½" x 8½" leaflet, 2 pp.
1976

Gives buying tips for each of the foods included in the WIC package.

Allegheny County Health Department
Attn: Mrs. Miller
3333 Forbes Avenue
Pittsburgh, PA 15213

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79 How to Save Money at the Grocery

5th grade level
$.10 per copy
3½" x 8½" pamphlet, 4 joined panels
1975

Contains moneysaving shopping tips and the basic four food chart. Also lists good food buys and poor food buys within each of the food groups.

Jefferson County Department of Health
Bureau of Nutrition
Birmingham, AL

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80 How to Store Your WIC Foods

Single copy free
5½" x 8½" leaflet, 2 pp.

Gives storage tips for each of the foods included in the WIC package.

Allegheny County Health Department
Attn: Mrs. Miller
3333 Forbes Avenue
Pittsburgh, PA 15213

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81 Instant Nonfat Dry Milk

7th grade level
Single copy free
5½" x 8½" leaflet, 2 pp.

Provides information on the use of nonfat dry milk for extra food value and convenience. Includes directions for preparing skim milk, buttermilk, whipped topping, etc. Also gives suggestions for using dry milk in food preparation.

Tennessee Department of Public Health
Division of Nutrition Services
405 Capital Towers
Nashville, TN 37219

82 Iron Content in Food

Single copy free
3½" x 8½" flyer, 2 pp.
1974

Discusses food sources of iron. Provides a graph for determining the amount of milligrams of iron contained in 11 foods and the suggested iron intake for the body's needs.

Washington State Department of Social and Health Services
P.O. Box 1788 M.S. 1-4
Olympia, WA 98504

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83 Iron Foods

7th grade level
$.10 per copy
5" x 8½" leaflet, 2 pp.
1975

Discusses the body's need for iron, food sources of iron, and the extra iron requirements of women and infants. A graph is used to compare the iron content of selected foods. Also includes a list of iron-rich foods within each of the four food groups.

Jefferson County Department of Health
Bureau of Nutrition
Birmingham, AL

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84 Iron Gives You Go

5-6th grade level
Single copy free
5" x 8½" flyer, 4 pp.

Discusses the symptoms and prevention of anemia. Provides information on iron-enriched commercial baby foods.

Colorado Tri-County District Health Department
Englewood, CO 80110

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85 Iron In the Food You Eat

9-10th grade level
Single copy free
5½" x 8½" booklet, 10 pp.
1976

Explains the importance of iron, the amounts of iron needed daily, and the iron content of common foods and baby foods. Includes helpful hints on how to ensure the proper iron intake for infants, children, and adults and gives a sample menu emphasizing iron-rich foods.

Wisconsin Department of Health and Social Services
Nutrition Section, Division of Health
Box 309
Madison, WI 53701

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86 Iron-Rich Foods for You

7th grade level
Single copy free
5½" x 8½" leaflet, 2 pp.
1972

Explains the cause, symptoms, and prevention of anemia. Also lists food sources of iron.

Virginia State Health Department
Nutrition Section
109 Governor Street, Rm. 624
Richmond, VA 23231

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87 It All Depends on You

6th grade level
$.20 per copy
9" x 6" booklet, 16 pp.
1972

Gives practical guidance for individual and family food selection and wise menu planning. Includes a guide to good eating and an explanation of how to use the guide. Describes the special needs of each family member. The importance of establishing good eating patterns is stressed.

National Dairy Council
Nutrition Education Division
6300 North River Road
Rosemont, IL 60018

88 Keeping Food Safe to Eat—A Guide for Homemakers
Home and Garden Bulletin No. 162

8th grade level
Single copy free from USDA
Quantity purchases from GPO—$.30 per copy
6" x 9" pamphlet, 10 pp.
Revised 1975

Contains information on how to protect the family from food-borne illnesses. Topics discussed include personal hygiene and storing, preparing, and preserving foods.

U.S. Department of Agriculture
Office of Governmental and Public Affairs
Washington, D.C. 20250

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89 Moneysaving Main Dishes
Home and Garden Bulletin No. 43

9th grade level
Single copy free from USDA
Quantity purchases from GPO—$.60 per copy
6" x 9" booklet, 48 pp.
Revised 1975

Contains recipes for many low cost main dishes and suggests foods to serve with them. Information is included on meal planning, the basic four food groups, and management tips.

U.S. Department of Agriculture
Office of Governmental and Public Affairs
Washington, D.C. 20250

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90 Non-Fat Dry Milk

5-6th grade level
Single copy free
5½" x 8½" leaflet, 2 pp.

Explains the economical and nutritional benefits of nonfat dry milk. Includes 16 recipes for using nonfat dry milk in everyday cooking.

Allegheny County Health Department
Attn: Mrs. Miller
3333 Forbes Avenue
Pittsburgh, PA 15213

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91 Nutrition—What's It All About

11-12th grade level
Single copy free
3½" x 8½" pamphlet, 3 panels

Explains the relationship of food and specific nutrients to good health. Stresses the importance of daily meal planning, the four food groups, and the appropriate number of servings needed each day.

American Dietetic Association
620 North Michigan Avenue
Chicago, IL 60611

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92 Oregon Calendar of Vitamin A and C in Fresh Fruits/Vegetables

Single copy free
3½" x 8½" flyer, 3 pp.

Outlines the fruits and vegetables in abundance for each of the four seasons.

Oregon State Health Division
Maternal and Child Health Section
1400 S.W. Fifth Avenue
Portland, Oregon 97201

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93 Save Food $$ and Help Save Your Heart

10th grade level
Single copy free
4" x 8½" pamphlet, 14 pp.
1974

Gives ideas on how to shop economically while selecting healthful foods. Also contains hints on storing and preparing food.

American Heart Association
44 E. 23rd Street
New York, NY 10010

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94 Snacks, Snacks, Snacks

Single copy free
5½" x 8½" flyer

Lists suggestions for nutritious and iron-enriched snacks.

Oregon State Health Division
Maternal and Child Health Section
1400 S.W. Fifth Avenue
Portland, Oregon 97201

95 Storing Perishable Foods in the Home
Home and Garden Bulletin No. 78

10th grade level
Single copy free from USDA
Quantity purchases from GPO—$.20 per copy
5" x 9¼" booklet, 12 pp.
Revised 1973

Gives information on how to store most foods and the length of time foods may be safely stored. Includes information on selecting foods safely and checking refrigerator temperatures.

U.S. Department of Agriculture
Office of Governmental and Public Affairs
Washington, D.C. 20250

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96 The WIC Program and Good Nutrition
(English/Spanish)

6-7th grade level
Free
4" x 9" leaflet, 3 panels

Describes briefly the four food groups, the WIC food package, and the important nutrients these foods provide, and the role of these nutrients in promoting good health.

General Mills, Inc.
Consumer Center and Nutrition Department
9200 Wayzata Boulevard
Minneapolis, MN 55440

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97 Why We Need Iron

7-8th grade level
Single copy free
5½" x 8½" leaflet, 2 pp.

Explains why a person needs iron and what foods are good sources of iron.

Kentucky Department of Human Resources
Maternal and Child Health Division
Nutrition Section
275 East Main Street
Frankfort, KY 40601

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98 Your Age and Your Diet

9-10th grade level
Single copy free
3½" x 8½" booklet, 9 pp.
1971

Highlights the different food needs and food habits which will satisfy nutrient needs of the following groups: infants, children, adolescents, adults, pregnant women, and senior citizens. Also includes a daily food guide in chart form for four age groups—children, preteen and teens, adults, aging adults.

American Medical Association
Department of Food and Nutrition Service
535 N. Dearborn Street
Chicago, IL 60610

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99 Your Iron Needs Are High

7-8th grade level
Single copy free
5½" x 8½" leaflet, 2 pp.

Explains anemia and the role of iron and vitamins in its prevention. A list of iron sources is divided into three categories—chief, moderate, and contributing. Includes a detailed daily diet plan.

Minnesota Department of Health
Section of Maternal and Child Health Nutrition Unit
717 Delaware Street, S.E.
Minneapolis, MN 55440

100 Breastfeeding Your Baby

Free loan
16 mm film, sound, color, 10 minutes
1974

Presents breastfeeding in a clinician-patient format stressing prenatal breast care, physical changes in breasts during pregnancy, and the accepted technique for successful nursing.

Ross Laboratories
625 Cleveland Avenue
Columbus, OH 43216

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101 Cut Food Costs (English/Spanish)

Purchase: $4.50
Slide series
8" x 10¾" script, 11 pp.

Suggests to consumers and consumer leaders ways to save on the family food bill.

Cooperative Extension Service
Cornell University
Mailing Room, Building 7
Research Park
Ithaca, NY 14850

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102 Eating Right With Harv and Marv

Purchase: $160.00
Rental: $16.00
16 mm film, color, sound, 10½ minutes

Introduces to children the concept of a balanced diet, with special emphasis on the selection of nutritious snacks. Harv and Marv are two animated characters who observe real boys and girls eating lunch with their teacher. The teacher explains to them the four food groups and good nutrition.

Alfred Higgins Productions
9100 Sunset Boulevard
Los Angeles, CA 90069

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103 Food Dollars and Sense

Purchase: $4.50
Filmstrip/color slides with audio cassette,
20 minutes

Introduces six steps to smart spending and ten moneysaving habits. Also gives a guide on unit pricing. Teacher's guide and script text are included.

Household Finance Corporation
Prudential Plaza
Chicago, IL 60601

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104 Food: More for Your Money

Purchase: $190
16 mm film, color, sound, 14 minutes

Shows in a humorous way how to obtain the most nutrition for your money when shopping for food. Includes information on using a shopping list, evaluating convenience foods, and using nutrition labeling.

Alfred Higgins Productions
9100 Sunset Boulevard
Los Angeles, CA 90069

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105 Great Expectations

Purchase: $150.00
Rental: $30.00
16 mm film, sound, color, 23 minutes
16 pp, teacher's guide, 30 wall charts,
16" x 14"
1975

Explains the benefits of good maternal nutrition, both during pregnancy and breastfeeding. The women in the film are drawn from a variety of socioeconomic, racial, and ethnic backgrounds. Accompanied by teaching materials to help form a complete nutritional instruction program.

National Nutrition Education Clearing House
Society for Nutrition Education
2140 Shattuck Avenue—Suite 1110
Berkeley, CA 94704

106 Inside My Mom

Purchase: $10 per filmstrip, $150 per slide set
Filmstrip/color slides with audio cassette, 45 minutes
1975

Tells what kind of nutrition a mother-to-be provides to her baby. The cartoon takes us through a normal day of a young mother-to-be, commenting on how she eats and lives, and how this affects a fetus.

National Foundation-March of Dimes
Professional Education Department
P.O. Box 2000
White Plains, NY 10602

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107 Talking About Breastfeeding

Purchase: $225
Rental: $10
16 mm film, color, sound, 17 minutes

Focuses on a number of women who discuss the value of breastfeeding in their lives. They also discuss premature delivery, ill babies, and coping with parental pressures.

Polymorph Films
331 Newbury Street
Boston, MA 02115

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108 Read the Label, Set a Better Table

Free loan
16 mm film, color, sound, 14 minutes
1974

Draws attention in a humorous way to what information may be found on a food label. Animated sequence describes the major nutrients and their function. Narrated by Dick Van Dyke. Handout is also available.

Modern Talking Pictures
1205 N. 45th
Seattle, WA 98105

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109 Show 'N' Tell Phonoviewer

Purchase: $69.95

This audiovisual tool is as easy to operate as any record player, but equipped with automatic film advance and self-contained screen. It can be used in a waiting room or classroom situation and it weighs only 7 pounds. The following nutrition filmstrip keys were developed by the USDA Extension Service for use with the phonoviewer.

Double Sixteen Company
P.O. Box 1616
Wheaton, IL 60187

110 Show 'N' Tell Phonoviewer Filmstrip Programs on Nutrition

Phonoviewer format includes two 15-frame color filmstrip keys, with a 7-inch 33½ record, 3½ minutes on each side. Each program includes a group discussion guide.

Double Sixteen Company
P.O. Box 1616
Wheaton, IL 60187

Price: $5.00

Breakfast—4-4-3-2 Way DAX 107-108
Explains how protein helps body and mind function. Cartoon "cool cat" meets youngsters and reveals how breakfast makes the day go better. 4-4-3-2 way is a fun and painless way to learn the formula for a balanced diet.

Price: $5.00

Being a Wise Shopper—More Meat for Your Money DAX 111-112
Presents many practical tips, including ideas for planning and buying in season. Explains cost per serving and the value of leaner meat.

Price: $5.00

Changing Food Needs of the Family DAX 119-120
Reviews the importance of nutrition for each member of the family, from children through senior citizens. Differing needs of these age groups are identified and the required planning of satisfying menus is described.

Price: $5.00

Feeding Young Children DAX 109-110
Talks with a Black family about the problems of picky eating, poor examples, and the need for variety. Parents learn to develop interesting and nutritious meals that give youngsters a healthy attitude toward food.

Price: $5.00

Getting to Know Vegetables
Serving Fruits and Vegetables DAX 113-114
Gives new serving ideas for vegetables that add variety to family menus, easily meeting the four daily servings. Black mother and daughter discuss vitamins, nutrition, and preparation of vegetables.

Price: $4.00

Good Food Works For You (English/Spanish)
DAX 102
Introduces the four food groups. Clear illustrations explain how foods build and regulate the body, making a person look and feel his best.

Price: $10.00

It's Good Food, Keep It Safe DAX 121-124
Identifies bacterial action in cartoon style. Teaches why refrigeration is vital and reminds viewers of the importance of careful handling and clean hands. Cleverly presents details about times of storage and the proper temperatures for serving. An up-to-date and informative presentation that will help homemakers prevent needless food poisoning and waste. A four-part food safety series.

111 A Daily Food Guide

Free
10½" x 16" poster
1975

Illustrates the basic four food groups and the number of servings needed daily. Black and white.

U.S. Department of Agriculture
Food and Nutrition Service
Information Division
Washington, D.C. 20250

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112 Good Food for the Health of the Mother and Her Baby During Pregnancy

Free
11" x 14" poster/placemat
1972

Illustrates the pattern for the prenatal diet (types of foods and amounts) with numerous pictures.

National Foundation-March of Dimes
Professional Education Department
P.O. Box 2000
White Plains, NY 10602

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113 Light-Up Nutrition Quiz

Purchase: $10.50

Teaches nutrition to patients or students on two brightly colored panels that light up when you touch the pointer to the correct answer.

National Foundation-March of Dimes
Professional Education Department
P.O. Box 2000
White Plains, NY 10602

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114 Nutrients and Foods for Health

Free
30" x 46" poster
1973

Illustrates foods and nutrients, and gives their specific functions in the body. Full color poster. Flyers 10½" x 16½" are also available.

U.S. Department of Agriculture
Food and Nutrition Service
Information Division
Washington, D.C. 20250

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115 Nutrition and Pregnancy Exhibit

Purchase: $35.00 per set
21" x 21" posters

Includes the four basic food groups. Suitable for bulletin boards and other display areas. A set of 12 silk screen posters; color, and black and white.

National Foundation-March of Dimes
Professional Education Department
P.O. Box 2000
White Plains, NY 10602

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116 Nutritional Awareness Instructional Series

$3.00 per set
22½" x 34½" posters
1973

Contains a series of three teaching kits: (a) soul foods, southern cooking, Puerto Rican foods, and the basic four food groups; (b) Mexican-American, American Indian, and African foods; (c) German, French, and Italian foods. Each kit contains three colorful bilingual posters illustrating the basic four food groups within each culture and a teaching plan. While written for school use, most of the ideas could be used with adults.

Family Circle
488 Madison Avenue
New York, NY 10022

117 Cheese In Family Meals—A Guide for Consumers
Home and Garden Bulletin No. 112

Single copy free from USDA
Quantity purchases from GPO—$.35 per copy
5½" x 9" booklet, 30 pp.
Revised 1973

Contains many recipes and suggestions for the use of cheese in family meals; also provides tips on storage, selection, and cooking of a wide variety of cheeses. Useful reference for a professional who's preparing materials for participant use.

U.S. Department of Agriculture
Office of Governmental and Public Affairs
Washington, D.C. 20250

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118 Eggs In Family Meals—A Guide for Consumers
Home and Garden Bulletin No. 103

Single copy free from USDA
Quantity purchases from GPO—
$.45 per copy
5½" x 9" booklet, 29 pp.
Revised 1975

Contains tips on buying and storing eggs and cookery; gives a wide assortment of recipes in which eggs are an essential ingredient. Also provides information on buying and using frozen and dried egg products. Useful references for professional preparing materials for participant use.

U.S. Department of Agriculture
Office of Governmental and Public Affairs
Washington, D.C. 20250

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119 Food and the Preschooler for Healthy Growth
Circular HE-150

Single copy free
8½" x 11" leaflet, 2 pp.
December 1975

Discusses points to consider when feeding the preschool child, such as serving size, fluctuating appetite, food preferences, dental health, and food allergies.

Cooperative Extension Service
North Dakota State University
Agricultural Communications
Bulletin Room—Morrill Hall
Fargo, ND 58102

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120 Food Facts Talk Back

$.75 per copy
8½" x 5½" booklet, 34 pp.
1974

Discusses the facts and fallacies of nutrients, use of food additives during pregnancy, weight loss, and vegetarian diets.

American Dietetic Association
620 North Michigan Avenue
Chicago, IL 60610

121 Food Facts Versus Fads

Single copy free
4" x 9" booklet, 20 pp.
1975

Provides a handy reference for anyone seeking reliable, easy to understand information about food fads. Question and answer format is used to discuss how to identify faddists and quacks. Talks about special foods, food additives and processing, food and health, weight control.

Cooperative Extension Service
Washington State University
Bulletin Department
Publications Building
Pullman, WA 99163

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122 Milk In Family Meals—
A Guide for Consumers
Home and Garden Bulletin No. 127

Single copy free from USDA
Quantity purchases from GPO—$.35 per copy
5½" x 9" booklet, 22 pp.
Revised 1972

Contains many recipes and suggestions for using milk in family meals. Also provides tips on selection, storage, and cooking with milk. Useful reference for professional preparing materials for participant use.

U.S. Department of Agriculture
Office of Governmental and Public Affairs
Washington, D.C. 20250

123 Anemia . . . and the Breastfeeding Mother . . . and the Breastfed Baby
Information Sheet No. 24

$.10 per copy
7" x 8½" leaflet, 2 pp.
1975

Discusses in detail why the breastfed baby does not become anemic while the bottlefed baby often does.

La Leche League International, Inc.
9616 Minneapolis Avenue
Franklin Park, IL 60131

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124 Breastfeeding
Reprint No. 130

$.10 per copy
8½" x 11½" leaflet, 2 pp.
June 1968

Examines the psychological factors involved in breastfeeding an infant.

La Leche League International, Inc.
9616 Minneapolis Avenue
Franklin Park, IL 60131

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125 Infant Feeding Guide—For Professional Staff

Single copy free to Washington State clinics only
8½" x 11" flipchart, 30 pp.
1976

Presents a comprehensive infant feeding guide for use by professional personnel. Easy-to-use format makes this a handy reference containing detailed information. Topics include breastfeeding, formula, feeding schedules, and vitamin and mineral supplements. Discusses foods to avoid in infancy, feeding during illness, food groups and servings, and gives directions for preparing infant foods using a blender.

Washington State Department of Social and Health Services
P.O. Box 1788 M.S. 1-4
Olympia, WA 98504

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126 Infant Nutrition
by George A. Purvis, Ph.D.
Teaching Aid Number 15

$19.75 per copy
15 slides, 12 syllabuses
1973

Presents information about what mothers actually feed their children. Adds greatly to the understanding of infant nutrition. May be useful as reference for staff development.

Nutrition Today
101 Ridgely Avenue
P.O. Box 465
Annapolis, MD 21404

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127 Infant Nutrition, 2nd Ed.

$22.50 per copy
6½" x 9½" book, 575 pp.

Details nutrition and growth of the infant up to 36 months of life. Every aspect of infant nutrition is included.

W.B. Saunders Company
218 West Washington Square
Philadelphia, PA 19105

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128 Little Babies . . . Born Too Soon . . . Born Too Small
Publication No. (NIH) 77-1079

Free
4" x 8½" booklet, 14 pp.

Discusses problems of low birth weight in newborns, the influence of maternal factors, and research in relation to underlying causes of growth retardation in infants.

U.S. Department of Health, Education and Welfare
National Institute of Child Health And Human Development
Office of Research Reporting—NIH
Bethesda, MD 20014

129 Malnutrition, Learning and Behavior
Publication No. (NIH) 76-1036

Free
6" x 7½" booklet, 36 pp.

Focuses on the development problems of children. Emphasis is placed on the cultural environment of malnutrition and the effects of hunger on child development.

U.S. Department of Health, Education and Welfare
National Institute of Child Health and Human Development
Office of Research Reporting—NIH
Bethesda, MD 20014

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130 Maternal Nutrition
Teaching Aid No. 8

$19.75 per copy
16 slides, 12 syllabuses
1970

Summarizes the important points of the National Research Council's report, "Maternal Nutrition and the Course of Human Pregnancy." May be useful as reference for staff development.

Nutrition Today
101 Ridgely Avenue
P.O. Box 465
Annapolis, MD 21404

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131 Maternal Nutrition and the Course of Pregnancy, Summary Report

Single copy free
6" x 9" booklet, 23 pp.

National Research Council; Food and Nutrition Board
Presents the findings, conclusions, and recommendations of a more comprehensive study that documents the role of nutrition in human reproduction.

U.S. Department of Health, Education and Welfare
Public Health Services
Health Services Administration
Bureau of Community Health Services
Office of Maternal and Child Health
Rockville, MD 20852

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132 Nutrient Requirements in Adolescence
Publication No. (NIH) 76-77

Free
5½" x 8½" booklet, 15 pp.

Suggests answers to specific questions regarding the nutrient needs of adolescents, including RDA and the implications of the results from the "Ten State Nutrition Survey."

U.S. Department of Health, Education and Welfare
National Institute of Child Health and Human Development
Office of Research Reporting—NIH
Bethesda, MD 20014

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133 Nutrition and Dental Development in Pregnancy

Price available upon request
6" x 9" booklet, 9 pp.

Details nutritional requirements for good dental development in the prenatal period. May be useful for participant counseling or as a basis for developing a less technical publication on the same topic.

Cooperative Extension Service
Pennsylvania State University
University Park, PA 16802

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134 Nutrition Behavior and Change
by Helen H. Grifft, Marjorie B. Washborn, and Gail G. Harrison

$9.95 per copy
6½" x 9½" book, 392 pp.
1972

Presents a thorough investigation into the social, cultural, and psychological factors influencing food behavior, including the historical background of current food consumption patterns. The authors stress that an understanding of these elements is essential for beneficial nutrition education.

Prentice Hall, Inc.
Englewood Cliffs, NJ 07632

135 Nutrition During Pregnancy and Lactation

Single copy free
6" x 9" booklet, 108 pp.
1975

Discusses breastfeeding, dietary counseling, nutrient requirements, nutrient sources, and recommended dietary allowances.

California State Department of Health
714 P Street
Sacramento, CA 95814

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136 Nutrition for a Healthy Pregnancy
(English/Spanish)

$2.00 per set (Make checks payable to the Regents of the University of California.)
8½" x 11" flipchart, 63 pp.
16" x 11" poster
1976

Includes discussion on: early prenatal care, effects of nutrition on pregnancy, health habits, special needs of women, weight gain, breastfeeding, etc. Excellent flipchart designed for use by those with limited to average reading ability. Set also includes major points for a healthy pregnancy and space for dietary evaluation. Reverse side is a poster with daily food guide for pregnancy and breastfeeding. Colorful.

Agricultural Sciences Publications
University of California
1422 South Tenth Street
Richmond, CA 94804

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137 Nutrition for the Growing Years
by Margaret McWilliams

$14.11 per copy
6½" x 9½" book, 303 pp.
1975

Explains the nutritional needs of the human from pregnancy through adolescence. It is both a practical and theoretical guide for the professional.

John Wiley and Sons, Inc.
605 3rd Avenue
New York, NY 10016

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138 Nutrition Growth and Reproduction—Reducing the Risk for Mothers and Infants
by Christine M. Olson and Martha C. Mapes

$5.75 per copy
10" x 11" notebook
1977

Provides a collection of materials, synopses of articles, and references on factors which affect maternal and infant health and the outcome of pregnancy. The importance of diet is given special attention. To facilitate use of the notebook, the reference materials are divided into three categories: 1) nutrition and pregnancy, 2) health related factors and pregnancy, 3) special needs of pregnant teens.

Cooperative Extension Service
Cornell University
Mailing Room, Building 7
Research Park
Ithaca, NY 14850

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139 Nutrition in Maternal Health Care

Single copy free
5½" x 8½" booklet, 11 pp.
1974

Addresses itself to physicians, however, it will also be useful to other professionals in health care programs for expectant mothers. Specific nutrient needs are discussed. Of special interest to WIC Programs is the discussion on risk factors in pregnancy and nutrition sources.

American College of Obstetricians and Gynecologists
One East Wacker Drive
Suite 1700
Chicago, IL 60601

140 Nutritional Care During Pregnancy—Practical Guidelines for Health Professionals

Single copy free
5" x 8" booklet, 16 pp.
1976

Gives guidelines developed from the National Research Council's report, "Maternal Nutrition and the Course of Pregnancy," that was prepared for use in the development of patient education materials that are scientifically sound and consistent as well as practical.

Maryland Department of Health and Mental Hygiene
Division of Nutrition, Rm. 327
201 West Preston Street
Baltimore, MD 21201

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141 The Teenage Pregnant Girl
by Jack Zackler, Editor

$12.50 per copy
5½" x 8½" book, 321 pp.
1975

Provides comprehensive coverage of the problems which develop in teenage pregnancies. Chapter IV, written by Janet C. King and Howard J. Jacobson, discusses nutrition and pregnancy in adolescence.

Charles C. Thomas, Publisher
301-327 East Lawrence Avenue
Springfield, IL 62703

142 Audiovisuals for Nutrition Education, Nutrition Resource Series No. 9

$2.50 per copy
8½" x 11" catalog, 27 pp.
1975

Contains evaluative reviews of selected audiovisuals for nutrition education. Over 170 reviews of audiovisual aids, listed with current price, bibliographic details, and keyed according to media type, and audience level. Completely indexed by subject, author, and title.

National Nutrition Education Clearing House
Society for Nutrition Education
2140 Shattuck Avenue—Suite 1110
Berkeley, CA 94704

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143 Conducting Workshops and Institutes
Leadership Pamphlet #9

1 to 9—$1.25 per copy
10 to 24—$1.00 per copy
25 and over—$.75 per copy
5½" x 8½" pamphlet, 48 pp.
1956

Helps those who conduct workshops or institutes increase the skill and insight with which they approach their work, and enables those who haven't yet experimented wtih this type of program to ready themselves to do so. May be useful to the WIC nutritionist in conducting group nutrition education.

Adult Education Association of the U.S.A.
810 Eighteenth Street, N.W.
Washington, D.C. 20006

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144 How to Teach Adults
Leadership Pamphlet #5

1 to 9 copies—$1.25 per copy
10 to 24—$1.00 per copy
25 and over—$.75 per copy
5½" x 8½" pamphlet, 48 pp.
1955

Discusses problems common to all teachers of adults. Helps the WIC nutritionist with the problem of understanding what he is trying to teach. Nutritionists are teaching the "whole adult" and must be clear about the kinds of changes in attitudes, knowledge, or skill.

Adult Education Association of the U.S.A.
810 Eighteenth Street, N.W.
Washington, D.C. 20006

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145 Learning Better Nutrition—A Study of Approaches and Techniques
by Jean A. S. Ritchie

$6.00 per copy
6" x 9" text, 261 pp.
1967

Emphasizes what educators are expected to know about food and nutrition and what the general public needs to learn. Suggests practical ways of helping people to acquire a more thorough knowledge of the subject. Chapters six and seven may be especially helpful to the professional in WIC clinics.

Food and Agriculture Organization of the United Nations
Unipub, Inc.
650 First Avenue
P.O. Box 433
Murray Hill Station
New York, NY 10016

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146 Nutrition Education Materials

$5.00 per copy
8½" x 11" catalog, 156 pp.
1974

Lists booklets, pamphlets, and audiovisual aids available from Federal agencies, professional societies, and health and educational organizations or foundations.

Nutrition Foundation, Inc.
Office of Education and Public Affairs
888 17 Street, N.W.
Washington, D.C. 20006

147 Nutrition Information Resources for Professionals
NNECH Publication No. 1

$.30 per copy
3½" x 8½" pamphlet, 14 pp.
Revised January 1975

Offers a quick and simple method of obtaining reliable nutrition information. Contains a list of recommended books and journals, reliable sources of information, and guidelines for selecting a book on nutrition. Excellent resource for all professionals interested in better health through good nutrition.

National Nutrition Education Clearing House
Society for Nutrition Education
2140 Shattuck Avenue—Suite 1110
Berkeley, CA 94704

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148 Nutrition for Those With Special Needs: Pregnant Women, Infants, and Young Children
1976

Serves as an excellent learning package appropriate for one-to-one counseling or group sessions. Colorful artwork and straightforward language make these materials easily understandable. Multiracial and ethnic character of these materials will appeal to a wide variety of audiences. Highly recommended for WIC. Complete package includes the four parts listed below:

Cooperative Extension Service
Cornell University
Mailing Room, Building 7
Research Park
Ithaca, NY 14850

$6.00 per copy
11" x 17" flipchart, 18 pp.

Feeding Your Baby
Gives suggestions for dialogue and discussion questions on breastfeeding; bottle feeding; formulas; solid foods; and buying, making, and storing baby foods.

$6.50 per copy
11" x 17" flipchart, 13 pp.

Nutrition During Pregnancy
Gives suggestions for dialogue and discussion questions on prenatal care, weight gain, dietary needs, advantages of breastfeeding, and commonly asked questions about pregnancy.

$4.50 per copy
10" x 11" notebook, 65 pp.

Lesson Plans and Handouts
Containing twelve lessons (approximately 30 minutes) and handouts to accompany each lesson. Excellent guide for professional or paraprofessional who is doing inservice training or holding classes for participants. Each lesson contains: 1) behavioral objectives, 2) annotations of visual resources, 3) discussion questions, 4) food activities, 5) suggested evaluation methods, 6) professional and training resources. Supplementary section for WIC Program contains: 1) 12 display or demonstration ideas, 2) a lesson on the WIC Program and food package, 3) forms to do dietary evaluation in the WIC Program.

Price: $1.50 for minimum order of 25 copies of each handout.

Handouts
Includes black and white prints of the handouts. These prints are 8½"x11", camera-ready masters. If desired, the printed handouts can be ordered directly from Cornell University, They will be printed on colored paper with black ink.

Handout #1 How to Have a Healthy Pregnancy
Handout #2 Milk: Your Baby's First Food
Handout #3 Food for Thought: Your Young Child's Food Habits
Handout #4 The What, When and How Much of Baby Food
Handout #5 Iron—The Hard-to-get Nutrient
Handout #6 Protein—The Nutrient We Eat More of Than We Need
Handout #7 Snacks—Delicious and Nutritious
Handout #8 Calcium
Handout #9 Vitamin A
Handout #10 Vitamin C
Handout #11 Moneysaving Hints for the Food Shopper
Handout #12 Nutrition Labeling

Mail order to:
Mrs. Mildred Crance, Manager
Media Services Printing
B-10 Martha Van Rensselaer Hall
New York State College of Human Ecology
Cornell University
Ithaca, NY 14853

$5.30 per copy
10" x 11" notebook

Professional Resources on Infant Nutrition
A learning package for health and nutrition professionals consisting of a study guide, four 20-minute nutrition discussions on cassette tapes, reading materials, and references. Topics covered include: 1) growth and nutrient needs during infancy, 2) breastfeeding and bottle feeding, 3) solid foods in the infant's diet, 4) infant nutrition problems in todays society.

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149 Pregnancy and Nutrition

$2.50 per copy
8½" x 11" catalog, 12 pp.

Contains a bibliography of materials on pregnancy and nutrition, including pamphlets, leaflets, professional reports, teaching materials, journal articles, and audiovisuals—professional and popular.

National Nutrition Education Clearing House
Society for Nutrition Education
2140 Shattuck Avenue—Suite 1110
Berkeley, CA 94704

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150 Teaching Adults—A Handbook For Instructors

$4.95 per copy plus 5% handling charge
6½" x 9½" book, 100 pp.

Presents the fundamental knowledge, skills, and attitudes necessary for teaching adults in a relatively brief, concise format. Written in an attempt to meet some of the learning needs of the part-time instructor/trainee.

New Press
30 Lesmill Road
Donmills, Ontario M3B2T6

151 Training Group Leaders
Leadership Pamphlet #8

1 to 9—$1.25 per copy
10 to 24—$1.00 per copy
25 and over—$.75 per copy
Pamphlet, 48 pp.
5½" x 8½"
1956

Attempts to stimulate and support leaders' efforts to teach attitudes and skills that will improve the quality of their performance in leadership positions. Useful to the WIC nutritionist in leadership training because it emphasizes respect for the individual and for the creative diversity which individuals bring to the group in the way of talent, ideas, and ideals. Encourages an experimental attitude toward the identification and solution of common problems. Develops a way of working and of accomplishing mutual tasks which is consistent with commonly recognized aims and goals.

Adult Education Association Of the U.S.A.
810 Eighteenth Street, N.W.
Washington, D.C. 20006

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152 A Treasury of Techniques for Teaching Adults

$1.00 per copy
6" x 9" booklet, 48 pp.

Gives advice on how to make lesson plans, how to group your adult students, how to make your classes interesting, and how to prevent students from dropping out. Tells how to analyze group discussions. Shows different ways to conduct group discussions in order to reach different goals.

National Association for Public Continuing and Adult Education
1201 Sixteenth Street, N.W.
Washington, D.C. 20036

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153 Visual Aids in Nutrition Education
by Alan C. Holmes
Nutritional Studies No. 20

$6.00 per copy
7" x 9" booklet, 150 pp.
1968

Provides a practical guide to the selection, preparation, evaluation, and use of audiovisual aids in nutrition education programs. It is assumed that the user already has a knowledge of nutritional and educational methods. Emphasis is on choosing the teaching material best adapted to each particular circumstance; how to produce it in a simple and inexpensive way; and educational activities. Although written for use in developing countries, content is very relevant to WIC nutrition education activities.

Food and Agriculture Organization of the United Nations
Unipub, Inc.
650 First Avenue
P.O. Box 433
Murray Hill Station
New York, NY 10016

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154 When You're Teaching Adults

$.50 per copy
Booklet, 23 pp.
1957

Helps the teacher/trainee anticipate some challenging new situations and some unique problems, and provides some guides to the techniques and resources which have met with success in other adult education classes.

National Association for Public Continuing and Adult Education
1201 Sixteenth Street, N.W.
Washington, D.C. 20036

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